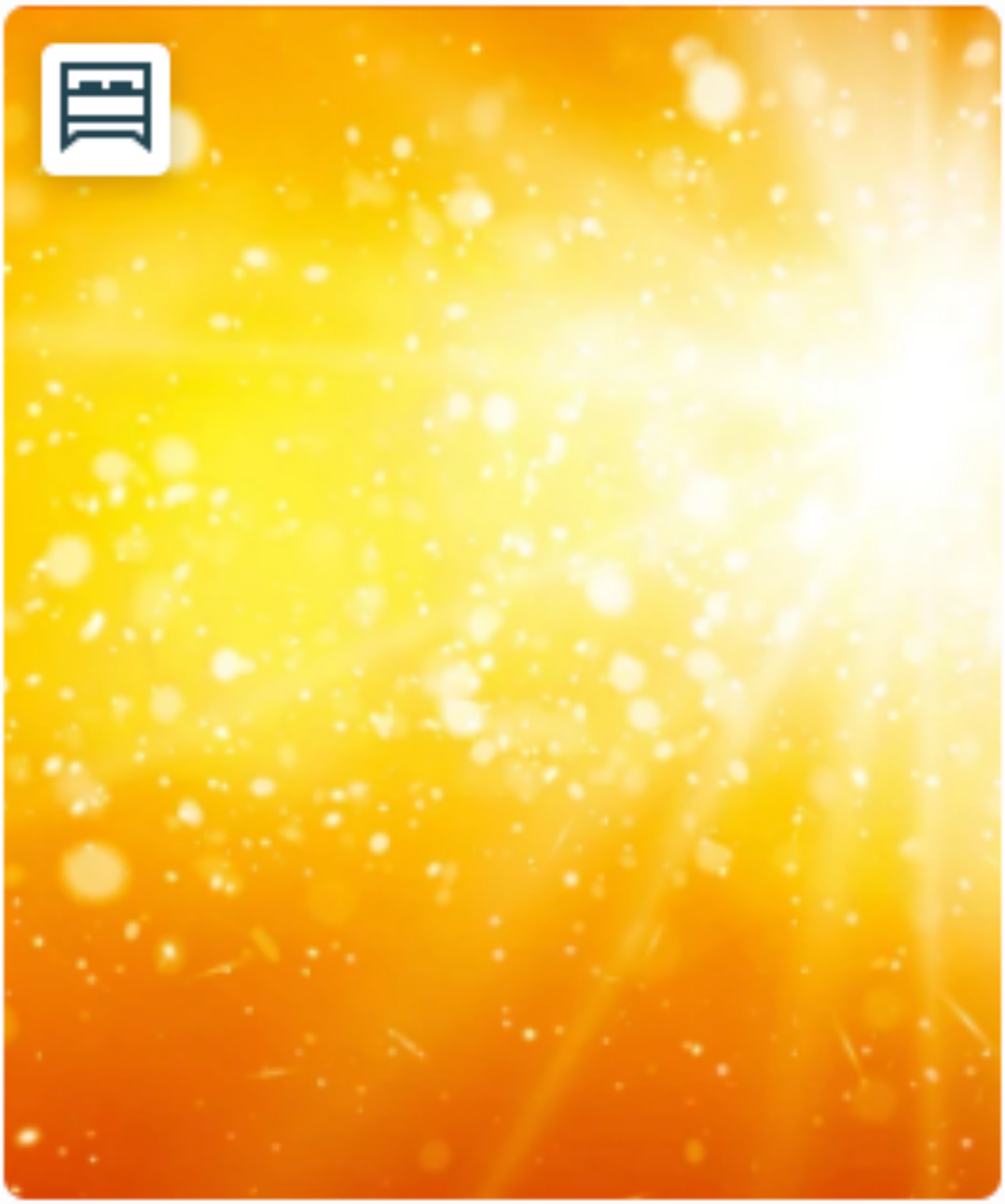
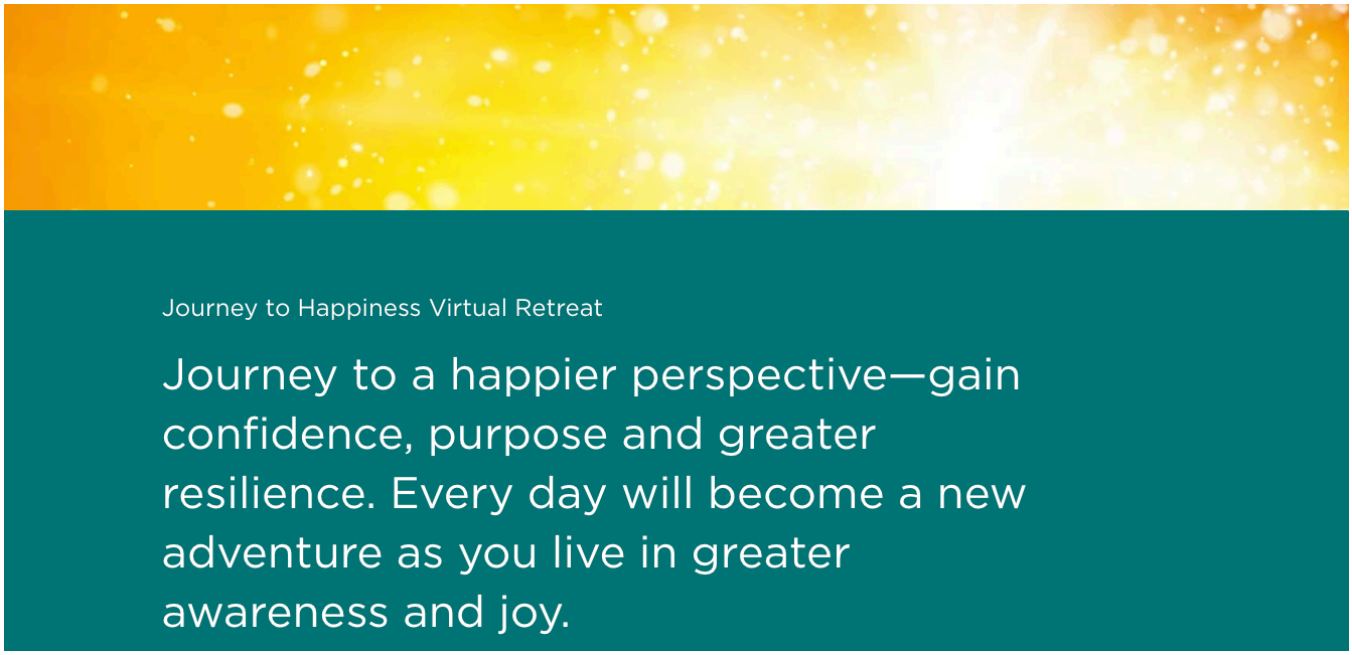


Journey to Happiness Virtual Retreat

2020 Website Program Description


Journey to Happiness Virtual Retreat
Journey to a happier perspective—gain confidence, purpose and greater resilience. Every day will become a new adventure as you live in greater awareness and joy.

Virtual Program

$1,295.00

4 1/2 days

How important is happiness for you? Give yourself the greatest gift; the time and place to experience the fundamental, unlimited "Being" of happiness. Practice and experience expanded states that will bring awareness to an internal perspective of happiness.

Happiness comes from within. There is a balance in life between what we must do on our journey to happiness and our primary “Being" of happiness”. This is where the Journey to Happiness retreat will lead you.

There is a science to happiness. Learn the latest scientific discoveries about the art and science of happiness. By understanding the fundamentals, you will gain greater confidence and resilience.

Create an active, positive purpose. Every day becomes a new adventure from the perspective of happiness. In this state of mind, limitation and fear will fall away. Happiness is our primary Human Nature. As you live in greater awareness of this, you will expand and grow in new ways.

Happiness brings a greater balance of heart and mind. You will notice a greater awareness of love and connection that will free you from any uneasy attachment to the past and the anxiety about an uncertain future. Learn to live and love in the present moment with more gratitude and happiness.

How it works

1. Journeys to Happiness Virtual Retreat is a 4 ½ day real-time interactive online retreat.
2. Tentative schedule
    1. Day 1 begins at 3:00 pm (ET) with an overview, introductions, logistics and an audio exercise. The day ends at 6 pm EDT.
    2. Days 2-5 begin at 9:00 am (ET). Each day is different and includes 3-4 audio meditation exercises, activities, videos and short presentations with a break for lunch. Each day ends at 6:00 pm, with social evenings two nights from 7:00 pm to 9:00 pm.
3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.
4. Reliable internet connection with a recommended minimum internet speed of 5 Mbps for streaming the exercises.
5. You will need headphones and a computer with a camera and microphone for video communications Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.

To ensure you have true stereo sound, you can use this Audio Test. (Linked in the details section below.) You should hear a pulsating frequency from ear to ear.

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

 Trainer Facilitation Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.	 *Additional Audio Exercises* Continue your exploration once the program has ended with a take home audio exercise.